

SUN PROTECTION POLICY

VERSION 1.0

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1 INTRODUCTION

Australia has the highest rate of skin cancer in the world. Overexposure to the sun during childhood and adolescence is an important contributing factor to the development of skin cancer later in life. As students are at school during times of peak ultraviolet (UV) radiation, schools can play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

2 PURPOSE

This sun protection policy has been adopted so that the skin damage caused by UV radiation from the sun is minimised for all students and staff of St Columba's Primary School. This policy is to be implemented throughout the year, but with particular emphasis from the 1 September through to 31 May. The sun protection practices outlined in this policy will be applied to all school activities, including sports carnivals, excursions and camps.

3 SCHOOL RESPONSIBILITIES

Listed below are practices our school follows to fulfil its responsibility:

1. Inform parents of this sun protection policy when they enrol their child/children (handbook).
2. Brief all new staff on the sun protection policy.
3. Promote sun protection via handbook, Kindy orientation pack, newsletters, website, assemblies, daily reminders*, posters, whole school activities, and parent and staff meetings.
4. Require students to wear broad-brimmed, bucket or legionnaire hats when outside.
5. Direct students without a broad-brimmed, bucket or legionnaire hat to stay in an area that is protected from the sun.
6. Encourage staff to wear broad-brimmed, legionnaire or bucket hats for all outdoor activities, including yard duty.
7. Encourage parents and guests to wear broad-brimmed, legionnaire or bucket style hats when participating in and attending outdoor school activities.
8. Require students to wear broad-brimmed or bucket hats, sun protective clothing and sunscreen for all camps, sports and excursions. These items will be listed on the parent permission form.
9. Encourage staff and students to wear a swim (*rash*) top for swimming (except in competition) when swimming outside in direct sun. *Note – school doesn't currently have a swimming uniform.*
10. Grant Principal's approval of a special summer uniform for students who require a high level of sun protection. This uniform will consist of a white long sleeve undershirt worn under the standard summer uniform.
11. Review the sports uniform to include sun protective items such as shirts with collars and longer sleeves.
12. Ensure the adequate provision of shade within the school grounds for students and staff, by planting trees and building shade structures. Particularly in areas where students congregate, for example, lunch, canteen, outdoor lesson areas.
13. Encourage staff and students to use shaded or covered areas when outside.
14. Ensure that adequate shade is provided at sporting carnivals and outdoor events for students and staff.
15. Encourage the use of SPF 30+ broad-spectrum, water-resistant sunscreen by:
 - listing sunscreen as an item students are required to buy for the school year.
 - providing sunscreen in the classroom and at specific locations.

- allowing students time to apply sunscreen before outdoor activities* e.g. before school (by parents), start of morning tea (Kindy & PP only), start of lunch, before PE lessons, sports, excursions etc.
16. Incorporate sun protection and skin cancer awareness programs into the appropriate key learning areas of the school curriculum.
 17. Review the Sun Protection policy every two years.

* *Whenever summer uniform is worn and at teacher discretion on sunny/high UV days when winter uniform is worn.*

4 PARENT/GUARDIAN RESPONSIBILITIES

Listed below are the responsibilities of the parents/guardians:

1. Ensure your child/children has a broad-brimmed, legionnaire or bucket style hat. Cancer Council WA recommends the following hats:
 - broad-brimmed (7.5 cm brim)
 - legionnaire-style
 - bucket/surfie-style (6 cm brim)
2. Ensure that your child/children's clothing provides adequate protection from UV radiation. Cancer Council WA recommends the following:
 - collars and sleeves
 - closely woven fabric
 - natural fibre
 - swim (*rash*) tops for swimming.
3. Ensure that your child/children has/have access to SPF 30+ broad-spectrum, water-resistant sunscreen before leaving for school.
4. Act as positive role models by practising SunSmart behaviour.
5. Support the school's Sun Protection policy, and help develop and update the policy.
6. Apply SPF 30+ broad-spectrum, water-resistant sunscreen before school.

5 STUDENT RESPONSIBILITIES

Listed below are the responsibilities of the student:

1. Be aware of the school's sun protection policy.
2. Take responsibility for their health by being SunSmart.
3. Comply with SunSmart rules and guidelines by wearing suitable hats and clothing.
4. Apply SPF30+ broad-spectrum, water-resistant sunscreen before going outdoors.
5. Use shaded or covered areas outdoors.
6. Act as positive role models for other students in all aspects of SunSmart behaviour.
7. Be actively involved in initiatives to protect the school community from over-exposure to the sun.
8. Help develop and update the Sun Protection policy.
9. Participate in SunSmart education programs.

6 EVALUATION

The Sunsmart Committee (a sub-committee of the P&F) will review the effectiveness of this policy at least every two (2) years and submit any necessary changes to the Board for consideration.

The Committee will:

1. Review the SunSmart behaviour of students, staff, parents, and visitors and make recommendations for improvement.
2. Assess shade provision and usage and make recommendations for increases in shade provision.
3. Update and promote curriculum material relevant to SunSmart activities.

7 REFERENCES

1. Cancer Council of Western Australia, <http://www.cancerwa.asn.au/>
2. This document is based on Cancer Council's Sunsmart Schools Sample Policy, <http://www.cancerwa.asn.au/resources/2011-11-25-sample-sun-protection-policy.pdf>

Note – CEO does not have a specific policy regarding Sun Protection.

APPENDIX A PROPOSED COMMUNICATIONS

The following communications schedule is proposed

Term	Week & Communication
Term 1	Week 2 Introduction Roll of the Committee Call for Committee Members
	Week 4 How to be SunSmart (5 ways)
	Week 6 Slip (on clothing)
	Week 8 Slop (on sunblock)
	Week 8 Slop (on sunblock)
Term 2	Nil
Term 3	Nil
Term 4	Week 2 Slap (on a hat)
	Week 4 Slide (on sunglasses)
	Week 6 Seek (shade)
	Week 8 Sun Protection Myths

Introduction

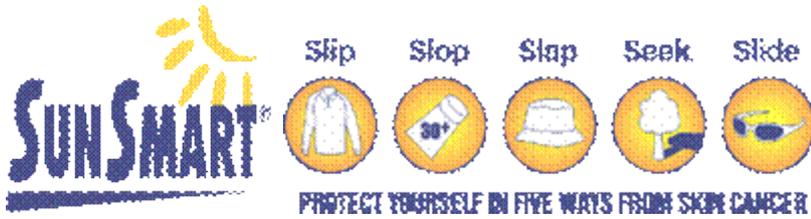


Sun Smart Committee

Australia has one of the highest rates of skin cancer in the world. This is largely due to our climate, our proximity to the equator and our love of the great outdoors. As students' are at school during times of peak ultraviolet (UV) radiation, schools can play a major role in creating a supportive environment that minimises exposure and encourages sun protective behaviours.

The Sun Smart Committee at St Columba's is currently seeking new members. We meet once a term. If you are interested in joining our committee or wish for more information please advise Lorraine Jennaway (front office).

How to be SunSmart (5 ways)



Evidence suggests that childhood exposure to UV radiation contributes significantly to the development of skin cancer later in life. Our children are at school for 5 out of the 7 periods of peak UV radiation per week and therefore it is crucial we educate and provide them with appropriate protection during all school activities. The committee would welcome any suggestions, feedback, experience or support that anyone can offer in helping ensure we have addressed all the five ways of protecting ourselves from Skin Cancer in the School environment.

- 1: Slip:** Sun protection clothing should be made from close weave fabric and maximise skin coverage
- 2: Slop:** Sunscreen should be applied 15-30minutes prior to going outside using a broad-spectrum SPF 30+ sunscreen and reapplied every 2 hrs
- 3: Slap:** An appropriate SunSmart hat is either a hat with a wide brim or a legionnaire style with a brim of 8 to 10 cm
- 4: Seek:** Adequate shade, both in the forms of shade structures and tree planting, should be available in outdoor areas
- 5: Slide:** Close fitting wrap-around sunglasses provide the best protection

Slip



Slip on Sun Protective Clothing

Here are some helpful Sun protective clothing tips obtained from the Cancer Council. Remember that Sun Protective clothing is just one of five ways to protect yourself and your family when the UV Index is above 3. SLIP on clothing, SLOP on sunscreen, SLAP on a hat, SEEK shade and SLIDE on sunnies.

Tips for choosing and using clothing well

One of the best barriers between your skin and the sun is clothing, so try to cover as much skin as possible. Not all clothing fabric is equal. Look for a swing tag with a high ultraviolet protection factor (UPF) rating to be sure.

When choosing clothing for sun protection, remember:

- long pants and shirts with a collar and long sleeves are best... please visit the uniform shop to look at the new optional sports top
- light weight, closely woven material with a UPF of 50+ provides more protection
- dark colours of the same material absorb more UV and are therefore more protective
- loose fitting clothing will be cooler in the heat.
- fabrics offer less protection when wet making the UPF rating of swimming costumes even more important. The Sun Smart Committee encourages parents to be prepared for school swimming lessons with appropriate swimming attire (make sure your child can put on/take off their bather and rash top easily).

Slop



Slop

WHY USE A SUNSCREEN?

Severe sunburn in childhood increases the risk of melanoma, the deadliest type of skin cancer, later in life. It has been estimated that if everyone used SPF 30+ broad-spectrum sunscreen regularly, at least until the age of 18, the number of people getting melanoma could be reduced by over 70 per cent.

SLOP ON SPF 30+ SUNSCREEN

Sunscreen should not be relied on as the only form of sun protection. No sunscreen provides 100% UV protection - remember to use in combination with protective clothing, hats, sunglasses and shade.

Look for a sunscreen that:

- Has a sun protection factor (SPF) of 30+, labelled 'broad spectrum' - this will filter both UVA and UVB radiation.
- Is water resistant - less likely to be washed off by water activities or sweat.
- Meets Australians standards - look for 'AUST L' or 'AS/NZS 2604:98' on the label.
- Has a valid expiry date.

How to apply sunscreen:

- Apply sunscreen 20 minutes before going outdoors to clean, dry skin.
- Layer sunscreen onto exposed skin rather than rubbing it in.
- Apply a thick layer of sunscreen - most people do not use enough. About 30ml in total or one teaspoon for each arm or leg
- Reapply every two hours or more often if in water, sweating or towel drying.
- Remember your lips (a common skin cancer site). A zinc or lip balm will provide longer lasting protection than a cream.

Slap



Slap

Our faces are exposed to ultraviolet (UV) radiation every day of the year. It is therefore not surprising that areas such as the ears, temple, lips and nose are among the most common sites for skin cancer to develop. The Cancer Council recommends that when the UV Index is 3 or above you should protect your skin in five ways, including wearing a sun-safe hat. The right hat not only protects your face, head, ears and the back of the neck, but can reduce the amount of radiation reaching your eyes by 50%. Even when you are wearing a hat, some UV radiation will be reflected onto your face from the surrounding environment so it is important to remember the other aspects of sun safety (sunscreen, sunglasses, seek shade, appropriate clothing)

Choosing the right hat

A sun-safe hat will:

- Have a broad brim to adequately shade the face
- Be made of close weave fabric to ensure no light gets through (UPF rating of 50)
- Have a dark lining to reduce reflection
- Not obscure vision or pose a safety concern (ie neck toggles that could get caught on play equipment)
- Have good ventilation

Choose from one of the following styles

- Broad brimmed hat: at least 7.5cm brim for adults and 6cm for children
- Bucket hat: with a deep crown and brim of at least 6cm
- Legionnaire style hat

Baseball caps and sun visors do not protect the cheeks, ears and back of the neck and are not recommended.

School Uniform Hats should be worn

- To and from school
- At recess
- At lunch
- During all outdoor classes such as Physical Education
- During all outdoor excursions or incursions

Seek



Seek

Shade Tips from the Sun Smart Committee

Staying in the shade is one of the most effective ways to reduce sun exposure, but remember that other sun protection measures (clothing, hats, sunglasses and sunscreen) should also be used to avoid reflected UV radiation.

Whatever you use for shade, be it trees, built shade structures or some form of portable shade, make sure it casts a dark shadow. A combination of natural and built shade is essential for outdoor play space. Research has shown that natural outdoor play spaces with shrubs, uneven ground and low reflectance surfaces are better for sun protection and stimulate more physical activity.

Shade alone can reduce overall exposure to UV radiation by about 75%. Shade should be correctly designed to offer the greatest coverage during peak UV radiation times and peak periods of use. For best protection, choose shade that has extensive overhead and side cover and is positioned away from highly reflective surfaces.

The Sun Smart Committee wishes to increase the shade at St Columba's. We are always looking at ideas to increase shade, however it does take time to plan and money. Can you help? If you have any ideas to facilitate or increase shade at St Columba's we encourage you to contact us!

Slide**Slide****Why wear sunglasses?**

Exposure to ultraviolet (UV) radiation from sunlight has been associated with the development of cataracts and age-related macular degeneration (AMD). Quality sunglasses protect your eyes by blocking 100 percent of the sun's harmful UV rays. Sunglasses also protect the delicate skin around the eyes from UV rays that cause wrinkles and premature aging. Sunglasses reduce glare for safer, more comfortable vision. *Polarized* sunglasses are particularly effective at reducing glare from surface reflections. Close-fitting, "wrap" style sport sunglasses are particularly effective at reducing the potential for dry eyes and eye injuries from windblown particles. The *pupil* controls how much light reaches the light-sensitive *retina* in the back of the eye. In dim light, the pupil increases in size (dilates) to allow more light in. In bright light, the pupil constricts to keep too much light from striking the retina. In very bright conditions, the pupil cannot constrict enough to reduce light to a comfortable level. This causes a person to squint. Muscle fatigue associated with squinting and constant constriction of the pupil can lead to headaches and eyestrain.

When choosing sunglasses for sun protection, remember:

- wear close fitting, wrap around style sunglasses
- when buying new sunglasses, check the swing tag to ensure they meet the Australian Standard AS/NZS 1067:2003
- look for the words 'good UV protection' on the label or swing tag or look for categories 2, 3 or 4. These sunglasses absorb more than 95% of UV radiation
- some sunglasses have an eye protection factor or EPF rating; EPF 9 or 10 exceeding the Australian Standard and block almost all UV radiation
- polarised sunglasses reduce glare and make it easier to see on a sunny day.
- Prescription lenses → parents of children with prescription glasses should consider the need for their child to be provided with prescription wrap-around sunglasses.

Sun Protection Myths



Myths about Sun Protection

1 It is not possible to get sunburnt on windy, cloudy or cool days. FALSE

You can get burnt on windy, cloudy and cool days. Sunburn is caused by UV radiation, which is not related to temperature – a cooler or windy day in summer will have a similar UV index to a warmer day. If it's windy and you get a red face, it's likely to be sunburn. There's no such thing as 'windburn'. You can also get sunburnt on cloudy days, as UV radiation can penetrate some clouds, and may even be more intense due to reflection of the bottom of the clouds.

2. People with olive skin are not at risk of skin cancer. FALSE

People with olive skin can get skin cancer too. Regardless of skin type, if you spent your childhood in the sun without adequate protection you are at higher risk of developing skin cancer than someone who grew up with good sun protection.

People who tan easily or are naturally dark skinned have a lower risk than people with fair skin that burns easily, but they are still at risk of skin damage and skin cancer.

3. People need plenty of sun exposure to avoid vitamin D deficiency. FALSE

You do not need to expose yourself to the sun during peak UV times to get enough vitamin D. On days when UV levels are moderate to high, most people get enough vitamin D through normal activity, even with sun protection. Increasing your sun exposure beyond the recommended level does not increase your vitamin D. In summer, a few minutes of sun exposure outside peak UV periods provides adequate vitamin D. During winter, two to three hours of sun exposure spread throughout the week is sufficient for vitamin D. When UV levels are 3 or above, sun protection is still needed.

4. You don't have to be concerned about skin cancer – if it happens you will see it and it is easy to treat FALSE

Skin cancer treatment can be much more serious than having a lesion 'burnt off'. It can include surgery, chemotherapy and can result in permanent scarring. Skin cancer can also metastasise and spread to other parts of your body. Each year, more than 1850 Australians die of skin cancer.

Be alert for any new moles or changes to existing moles and consult your GP immediately if you notice anything concerning. Remember prevention is better than a cure.

5. If you tan but don't burn, you don't need to bother with sun protection. FALSE

If your skin turns brown, it is a sign of sun damage, even if there is no redness or peeling. Your skin turns brown as a way of trying to protect itself because the UV rays are damaging living cells. A suntan offers limited sunburn protection of around SPF3, but doesn't protect against further DNA damage. If you tan easily, you are still at risk of skin cancer and need to use sun protection.

(<http://www.cancerwa.asn.au/resources/2011-03-01-10-myths-about-sun-protection-brochure.pdf>)

Review Year: 2013